

WOMEN'S SQUASH



WOMENS SQUASH SOCIAL PROGRAM

Would you like to get fit, meet and play with some women squash players in a non-competitive, social environment? Then join us for coaching tips while you meet and play with women of your level. Beginners most welcome!

WHEN: Sundays from 1 - 3pm beginning September 16.

LOCATIONS: Alternating weeks between Tenley and Regency Sport&Health:
Tenley Sport&Health: 4000 Wisconsin Ave. NW, Washington, DC 20016
Regency Sport&Health: 1800 Old Meadow Road, McLean, VA 22102

COST: \$10 per session for members.
Nonmembers add an additional \$10 access fee per session.

For more information or to register please contact Saif Ullah at 202-657-4196 or email him at sullah@sportandhealth.com

Women's Squash Social Program Registration Form

Name _____

Address _____

Phone # (h) _____ (w) _____

(c) _____ Member# _____

E-mail address _____

Check your level of play: Member price: \$10 per session
Nonmember price: \$20 per session

Advanced **Good Beginner** **Beginner**

Type of Payment: Cash Check MasterCard

Visa AMEX Discover

Card #: _____ Exp Date: _____

Signature: _____ Date: _____

RELEASE: In consideration of making facilities and/or services available, I do hereby for and on behalf of myself and my heirs and legal representatives, release and forever discharge Sport & Health, its owners, manager and representatives from any and all claims and demands of every kind, nature and character which I may have or hereafter acquire for any and all damages or losses which may be suffered or sustained by me in connection with my activity and all such claims are hereby waived and released.

sport&health

sportandhealth.com

Payment must accompany registration form.

Activity Code: _____

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